MIRROR



What would you give to be rid of those pimples and blackheads, that sallow complexion, those lustreless eyes? No doubt you would give 50 cents to be cured of constipation,

liver troubles, indigestion and dyspepsial Get rid of these troubles and your complexion will clear up like an April day after a shower. Take

Dr. Caldwell's Syrup Pepsin

Mrs. Mary O. Hahn. No. 2023 Michigan Ave., thicago, ill., writes: "For two years I have been roubled with billoutness caused by inactivity of roubled with billoutness caused by inactivity of the property of

PEPSIN SYRUP CO., Menticelle, III.

GIVES SKIN TO SAVE LIFE OF HIS BROTHER.

Edward Wood Has Surgeons Remove Ten Inches of Cuticule in Order to Provide Flesh for Relative.

St. Paul, Minn., March 7.-C. Wood, the Burlington Railroad engineer who ampu-tated his foot to free himself from an over-turned engine, has a brother who is equally

turned engine, has a brother who is equally plucky.

Edward Wood of Galesburg, Ill., came to this city and at St. Joseph's Hospital submitted to an operation for the removal of ten inches of skin and flesh to be grafted on the jagged stump of his brother's leg.

The operation was successfully performed by Doctors Johnson and Elk.

The brothers were simultaneously placed under the influence of opiates and wheeled into the operating-room, the trucks being placed side by side.

The operation, which consisted in removing patches of skin and flesh from the thighs of Edward Wood and placing them on the stump of the other brother's leg, occupied nearly an hour.

The brothers occupy bels side by side in the hespital, and the doctors my the operation proved successful.

The bravery of C. Wood, the engineer, in

The brothers occupy be is side by side in the hospital, and the doctors say the operation proved successful.

The bravery of C. Wood, the engineer, in cutting off his own foot, was a matter of talk in St. Paul for several days.

On the evening of January 4 while taking a train out of the Dayton's Bluff yards Wood's engine overturned at a switch.

He was thrown under it in such a way that his left leg was caught above the enkle. It was badly crushed and he was so held that the escaping steam threatened to suffocate him.

Raising himself to a sitting posture. Wood attempted to pull himself away. Several bystanders also lent their ald, but the steam drove them back.

Wood realized his danger. Coolly thrusting his hand into his overalis pocket he pulled out a big jackknife. He bent over into the steam and slashed at his leg near the place where it was pinioned. The steam enveloped him so that he was hid from the gaze of the onlookers. In a moment he crawled out from the pile of broken iron and the haze of steam, and willing hands assisted him to a place of safety.

He still carried in his hand the big knife.

cured.

Edward Wood, the patient's brother, volunteered for this purpose, and the physiclans say that he has saved his brother's

Rupture Cured Free.

The Rice Method Is Unparalleled in the Annals of Medical Successes.

A Cheap Home Cure That Anyone Can Use Without Pain, Danger or Loss of Time from Work,

IS SENT FREE TO ALL.

To the thousands upon thousands of rup-tured people who have worn trusses all their lives and have become discouraged, the Rice method will prove a Godsend.



CHIEF J. H. ALEXANDER.
Upon writing to Dr. W. S. Rice, 1785 Main set, Adams. N. Y., he will freely and gladly send you a trial of his method by mail, so you can test it in your own home. Do not be hackward about writing. Remember it costs you nothing to try this wonderful method.

be backward about writing. Remember it costs you nothing to try this wonderful method.

Chief J. H. Alexander of the Detroit, Mich. Fire Department, & years of age, and for seven years a sufferer from rupture in its worst form, after trying every trues on the market without relief, finally decided to undergo an operation, but was persuaded to postpone it until he had tried the Dr. Rice method, with the result that he was quickly and permanently cured. He says:

The was so badly ruptured that I feared I would have to leave the Department, in fact I did not believe anything except a surgical operation would help me. No truss did me any permanent good, but Dr. Rice's method cured me, and I am to-day as well as ever I was in all my life. Hundreds of my associates and comrades in the Department know and can testify to my wonderful cure, and I am perfectly willing to tell my experience for the benefit of others.

Mr. Alexander's address is No. 163 Twentieth st. Detroit, Mich.

The thousands of testimonials received by Dr. Rice mean more than such expressions usually do. A person may take a medicine and perhaps get well. He would probably recover anywy. But a rupture is a break of the muscles, and there are no imaginative cures. The cure must be complete, and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and in the face of thousands of such Rice and I am to day as a sever Rice and I am to day as a sever Rice and I am to day as a sever Rice and I am to day as a sever Rice and I am to day as

LOOK IN YOUR REIGNING BEAUTIES OF THE NATIONAL CAPITAL.

Fascinating Women Who Contribute to the Charm of Washington's Social Life by Their Wit and Accomplishments-Alice Roosevelt's Vivacity and Gift of Repartee.

WRITTEN FOR THE SUNDAY REPUBLIC. Washington, as the capital city of America, becomes gayer every year, and the number of its fascinating women, who contribute to the charm of its social life by their wit, beauty and accomplishments, are a factor of almost as much importance in political as in social affairs.

Among the interesting women of the capital is Mrs. Henry C. Corbin, wife of the Adjutant General of the army, who before her marriage was Miss Edythe A. Patten. one of five sisters, who were daughters of a wealthy widow from California.

They went to Washington in their early youth and have been identified with the leading social set since that time. All are women of culture, and Mrs. Cor-

bin, like her sisters, was educated abroad, and is therefore a proficient linguist.

M. Cambon, the former French Ambassador, once said that she spoke French with a more perfect accent than any American woman he knew.

Mrs. Corbin is tall and graceful. She has dark hair and eyes and is very attractive, not only in appearance, but also in her gracious and cordial manner.

She is always among the best gowned women at any of the functions at the capital. She was married to General Corbin a year ago, and the wedding was not only one of the leading nupital events of the season, but one of the most interesting in the history of the social life here.

The large Patten residence on Massachusetts avenue was crowded to the doors with a distinguished company of guests, among them the President and Mrs. Roosevelt, this being the first social event in which they took part in the beginning of their administration.

MRS. CORBIN'S CHARMS. bin, like her sisters, was educated abroad,

MRS. CORBIN'S CHARMS.
When General Corbin went abroad to witness the military maneuvers in Germany last summer he was accompanied by his clever and attractive wite.
They were entertained by the Kaiser, and Mrs. Corbin won the cordial regard and admiration of the Emperor and the members of his court. Since their return to Washington they have established themselves in that ington they have established themselves in their new home, in R street, and are among the most popular hosts and hostesses of

fficial life. Mrs. William Draper, wife of our forme Ambassador to Italy, is now a conspicuous social figure at the capital. Mrs. Draper was before her marriage Miss Susan Pres-ton of Kentucky, one of the celebrated sis-

ton of Kentucky, one of the celebrated sis-ters of that name known the country over. She is of commanding presence and dresses superbly.

Latey General and Mrs. Fraper have add-ed to their residence a large tapestry gai-lery, which is one of the most beautiful rooms in the country and similar to that of one of the palaces in Rome. As Mrs. Draper is one of the ranking host-esses at the capital, her dinner companies are known for their brilliant settings and distinguished guests. A splendid service of gold is always used, with appointments in keening.

gold is always used, with appointments in keepinng.

Mrs. Draper owes much of her popularity to her cordial and democratic manner.

Mrs. Depew, the wife of the distinguished Senator from New York, is one of the new-comers, having been in Washington for about a year, the Senator bringing her as a bride to the capital.

Though American by birth, all her life has been spent abroad, mostly in Paris, and she combines the charm of both the accomplished American and French woman. Her cordiality is marked by a womanly sincerity which is both lovable and irresistible.

MUSICAL MRS. DEPEW.

The earnestness of her character makes itself felt by even a casual visitor. Mrs. Depew is a musician of talent and gives much time to the study of what is best in

Their first meeting was at a school commencement, and the wooling was short and to the point. Mr. and Mrs. Olmsted have a beautiful home here and are extremely popular in society.

FAIR MAIDS OF THE CAPITAL.

FAIR MAIDS OF THE CAPITAL.

In speaking of the young girls of the capital, of course no list is complete without the mention of Miss Alice Rooseveit, the daughter of the President.

Since her introduction to society last winter, at a large hall which was given for her, and the first to be held in the White House in a decade, she has been budding into attractive young womanhood, and as she gains in health she also develops into the charms of femininity.

Comments to this effect are constantly being made by her friends, and this was especially noted at the last musical at the White House. On every side was heard a compliment to Miss Roosevelt, with the remark: "I never saw her look so pretty."

Last year her gowns were such as are suitable to debutantes, simple and dainty mousselines. This year she seems to have graduated from the simple frock to the more elaborate tollet of the society belie, and gauzes, heavily pailletted in silver, and velvets seem to suit her lithe and graceful figure.

One of Miss Roosevelt's greatest charms

velvets seem to suit her lithe and graceful figure.

One of Miss Roosevelt's greatest charms is her vivacity. She is also very quick at repartee, and it gors without saying that she is one of the most sought after young women in society at the capital.

Miss Rebekah Page Knox, daughter of the Attorney General and Mrs. Knox, like her mother, holds an enviable place in popularity on account of her sweet and gracious manner and her quick and ready sympathy.

clous manner and her quick and ready sympathy.

She is petite and dark and one of the most beautifully gowned young women of the official circle. Though indifferent to the attractions of general society, she is extremely fond of sociabilities in her own immediate circle of friends.

Miss Knox inherits her mother's affability and gractous manner, that has made her justly popular, and also her father's studiousness.

She spends much of her time with her old friends in Pittsburg, and contemplated a trip around the world this winter, which had to be abandoned on account of delicate health.

JUSTICE MCKENNA'S DAUGUERUM.

JUSTICE McKENNA'S DAUGHTER.

Miss Hildegarde McKenna, one of the recent debutantes of the Supreme Court circle, is the third daughter of Associate Justice and Mrs. McKenna. She is one of the belies of the capital, a striking type, with chestnut-brown hair and blue eyes and a fair skin.

death of her mother she has been at the head of her father's household. BRILLIANT SOCIAL CAREER.

BRILLIANT SOCIAL CAREER.

She has had an exceptionally brilliant social career, being one of the three young ladies who went to Paris as the guest of Mr. and Mrs. Thomas Walsh when they visited the French capital in 1990. Mr. Walsh, as Commissioner from Colorado, entertained in princely style, the cost of his dinners and receptions reaching well up into the thousands.

Miss Wilson, Miss Rochester and Miss Cockrell shared in the splendor of these sociabilities and made a tour of the Continent in Mr. Walsh's private car. Miss Cockrell will be married in the Church of the Covenant here February 1s. A very brilliant nuptial scene and a wedding breakfast at Rauscher's will take place at that time.

Miss Rosemary Sartoris, second daughter

fast at Rauscher's will take place at that time.

Miss Rosemary Sartoris, second daughter of Mrs. Nellie Grant Sartoris and grand-daughter of the great General and former President of the United States, has returned from a two years' course of study abroad. Like her sister, Mrs. Roosevelt Scovill (formerly Vivian Sartoris), and her er, Miss Sartoris is exceptionally pretty and attractive. Much of her charm comes from her complete absence of consciousness of her personal beauty.

Miss Sartoris was presented to society here by her late grandmother, Mrs. Julia Dent Grant, several years ago, and was one of the most popular debutantes at the capital. Miss Sartoris, born and brought up in England, is, like the typical English girl, fond of out-of-door diversions and sports. She is a member of the Chevy Chase Golf Club, and is a graceful and fearless rider.

She spends much of her time abroad, both in England with her father's relatives and on the Continent. She has brown hair and eyes and the wholesome coloring of a maid-

who has a penchant for out-of-door

life. Miss Daisy Leiter, the youngest daughter of Mr. and Mrs. L. Z. Leiter, and sister of Lady Curzon, Vicerine of India, enjoys an international reputation as a beauty of rare and unusual type.

Tall and graceful in figure, with dark har and dark dreamy eyes, Miss Leiter has been admired on three continents as the alter ego of her beautiful sister, Lady Curzon.

atter ego of her benutiful sister, under excelzon.

Miss Leiter possesses the "most excellent thing in woman," a sweet and musical
voice for speaking. This, with her refined
and finished manner, marks her as one who
has mingled in court circles. Miss Leiter's
education, like that of her sister, was finished abroad, and she is an excellent linquist. She was presented at court before
she made her debut in Washington several
seasons ago.

quist. She was presented at court before she made her debut in Washington several seasons ago.

Two winters ago she was with her sister, Lady Curson, at Simia, India, and with her mother she is spending the present season there, where they both participated in the durbar of the early winter. Miss Leiter has many lovable and womanly traits of character.

She has a clientele of needy families for whom she does not forget to care in spire of other demands upon her. At the annual observance of St. Joseph's Day at the Home of the Aged, in care of "The Little Sisters of the Poor," a French order of nuns. Miss Leiter is one of the smart set who don white aprons and wait upon the tables at the feast spread for the venerable pensioners on that day.

On account of her accomplishments as a linguist, as well as her great beauty, Miss Leither is much sought after in the diplomatic homes at their social functions.

Miss Elise Du Barry, the daughter of the late Brigadier General Du Barry, is one of the most beautiful young women in Washington.

She is extremely dark, with very hand-

the most beautiful young women in Washington.

She is extremely dark, with very handsome eyes. Her chief charm, however, is her naturalness and absolute naivete. She is extremely vivacious and a great favorite with her host of friends.

Besides her beauty and attractive personality she possesses marked artistic talent. She has a strong love of the service on account of her father's long connection with the army, his military career having begun when a lad of 16 and lasting until he retired. He died a few years later.

Miss Du Barry is not, strictly speaking, a society girl, though she is a great favorite in the army and navy circle.

Though very modest and retiring in disposition she is full of fun and a belle in her own circle.

OF POPE LEO XIII.

His Arduous Duties Require Such Mental Effort as Few Men Are Called Upon to Exert. Yet He Continues to Toil Earnestly and Untir ingly.

WRITTEN FOR THE SUNDAY REPUBLIC. Most men, upon starting out in life, look age shall have overtaken them. For most men, too, the time comes when they can the allotted span of three-score and ten years, which not many in these rapid times attain, finds them exhausted physically and mentally and no longer capable of effort. The most notable exception to all these conditions within recent history is Pope Leo XIII. Over 32 years of age, he still toils, and, so far as known, is the hardest worker in the world. For him there is no rest in the twilight of life; standing on the pinnacle of human greatness, he must throw off the burden of years dally and do that work for which he alone is qualified. His daily routine requires such mental effort as few men are called upon to exert.

Young, robust, vigorous men could not continue such toll many years without succumbing, yet the venerable head of the Roman Catholic Church has for more than twenty-five years labored zealously, earnestly and untiringly without seeming earnestly and untiringly without seeming fatigue, and to-day he performs almost the same tasks with the same energy as he

ment he crawled out from the pile of broken iron and the haze of steam, and willing hands assisted him to a place of stemp of his lade covered with blood. The bleeding stump of his leg told the rest of a ctory of pluck that has seldom been equaled. He was the coolest man in the crowd. An engine carried him to the city and he was taken to St. Joseph's Hospital.

The octor saw that the flesh had been so scalded that the stump would not properly heal unless new, live flesh was zecured.

Edward Wood, the patient's brother in the crowd was Mary Berry Chapman, whose stories amount of much brilliant entertaining. And send the crawled out from the pile of broken iron and Mrs. Depew are in every way conforming to its former traditions. Many fine dinners are given here, but Mrs. Depew's favorite form of entertaining is the garden party, the quaint, old-fashioned garden connected with Corcoran House giving an ideal setting for a fete of the was seven months and its limit. Mrs. Hansbrough, wife of Senator Henry C. Hansbrough, is a type of the pure blond beauty, with an exceedingly refined and intellectual face, in which talent is distinctly marked.

Before her marriage Mrs. Hansbrough was Mary Berry Chapman, whose stories amount of the city and he was stories amount of the pile of Mrs. Depew are in every way conforming to its former traditions. Many fine dinners are given here, but Mrs. Depew are in every way conforming to its former traditions.

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Mrs. Hansbrough, is a type of the pure blond beauty, with an exceedingly refined and intellectual face, in which talent is distinctly marked.

Before her marriage Mrs. Hansbrough was Mary Berry Chapman, whose clever stories appeared in many of the leading magazines.

Besides being a writer she is a talented artist and illustrates many of her own stories. Her taste leads her to the pursuit of these artis rather than to society. Her entertainments are small and choice, entertainments are small and choice.

Mrs. Climsted, wife of Representative Marmong those who are his professed followand didners are of tremen-Besides being a writer she is a talented artist and illustrates many of her own stories. Her taste leads her to the pursuit of these arts rather than to society. Her entertainments are small and choice.

Mra Oimsted, wife of Representative Martin E. Oimstead of Harrisburg, Pa., is one of the beautiful and clever society women who bear the distinct charm of the typical Virginian.

She is bright and entertaining, with great originality and naivete.

After meeting the belies of several seasons at Newport and other fashionable resorts, and after several winters at the capital, where he met the wealth and beauty of the social life, Mr. Oimsted succumbed to the charms of this piquant little Southern girl, whose only fortune was her face and engaging personality.

Their first meeting was at a school some

of all that has been written concerning his Holiness, the best description is possibly that from the pen of F. Marion Ctawford, who says:

"Born and bred in the keen air of the Volscian Hills, he is a Southern Italian, but of the mountains, and there is still about him something of the hill people. He has the long, straight, broad-shouldered frame of the true mountaines; the many alousies. of the true mountaineer, the marvelously bright eye, the eagle features, the well-knit growth of strength, traceable even in ex-treme old age; and in character there is in him the well-balanced combination of a steady caution with an unerring, unhesitating decision, which appears in those great moments when history will not wait for little men's long phrases, when the pendulum world is swinging its full strike, and when it is either glory or death to lay strong hands upon its weight. But when it stops for a time and hangs motiopless, the little men gather about it and touch i boldly and make theories about its next unrest.

unrest.
"In the matter of physique, there is, indeed, a resemblance between Leo XIII, President Lincoln and Mr. Gladstonelong, sinewy men, all three, of a bony constitution and indomitable vitality, with large skulls, high cheek bones and energetic jaws—all three men of great physical strength, of profound capacity for study, of melancholic disposition and of unusual eloquence.
"Born during the height of the conflict between belief and unbelief, Leo XIII, by a significant fatality, was raised to the pontificate when the Kultur Kampf Bismarck—a struggle in which the great

to the pontincate when the Kuttur Kampi Bismarck—a struggle in which the great was raging and the attention of the world was riveted on the deadly struggle between the Roman Catholic Church and Prince

THE FEAR OF HUMBUG

Prevents Many People from Trying a Good Medicine.

Stomach troubles are so common and in most cases so obstinate to cure that people are apt to look with suspicion on any remedy claiming to be a radical, permanent cure for dyspepsia and indigestion. Many such pride themselves on their acuteness in never being humbugged, especially in medicines.

Chancellor found his equal, if not his mas "Of the Pope's statesmanship and Latin

ity the world knows much, and is sure to hear more, while he lives, most, perhaps, hereafter, when another and a smaller man shall sit in the great Pope's chair. For he is a great Pope. There has not been his is a great Pope. There has not been his equal, intellectually, for a long time, nor shall we presently see his match again. The era of individualities is not gone by, as some pretend. Men of middle age have seen in a lifetime Cavour, Louis Napoleon, Garibaidi, Disraeli, Bismarck, Leo XIII. With the possible exception of Cavour, who died, poisoned, as some say, before he had lived out his life, few will before he had lived out his life, few will deny that of all these the present Pope pos sesses, in many respects, the most evenly balanced and stubbornly sane disposition. That fact alone speaks highly for the judg-

ment of the men who elected him, in I'aly's half-crazed days, immediately after the death of Victor Emmanuel.
"At all events, there he stands, at the head of the Holy Roman Catholic and Apostolic Church, as wise a leader as any who in our day has wielded. Apostolic Church, as wise a leader as any who in our day has wielded power; as skilled, in his own manner, as any who hold the pen; and, better than all that, as straightly simple and honest a Christian man as ever fought a great battle for his faith's sake.

for his faith's sake.

"Straight-minded, honest and simple, he is yet keen, sensitive and nobly cautious; for there is nobility in him who risks a cause for the vanity of his own courage, and who, in bilind hatred of his enemies, squanders the devotion of those who love him. In a sense, to-day, the greater the

ROBINSON'S

(A New Scientific Discovery.)

The great blood and flesh maker, brain

Mature's Own Remedy.

Supplies all the lacking elements to the system.

CURES LIKE MAGIC

All wasting diseases, Anaemia, RHEUMATISM,

LOCOMOTOR ATAXIA, all Stomach, Liver,

FEMALE TROUBLES,

For several years I had a very had breath. It was the bane of my life, and although I spent a great deal of money with dectors, they were unable to do much good. It certainly was my tucky day when I got Robinson's Alfalfa-Nutrient, as it has not only effected a complete cure, but also improved my general health.

CLARENCE MOORE.

SIIA Chestnut st.

I am at a loss to find adequate words to fully express my gratitude for Robinson's Afarta-Nutrient. It certainly saved my life, and anybody with any form of stomach trouble will surely bless the day they start-ed using ed using it.

Wishird you the success you so richly deserve, I am, sincersty yours,

JACK BERN,

1024 S. Fourth at.

Two years ago the doctors ordered as to Arizona, saving I could not ye. Well, I didn't go, but I did ake a great many bottles of Roboson's Alfalfa-Nutrient, and I am sure it saved my life. ROY VAN DYKE, 929 La Salle st.

ALFALFA-NUTRIENT CO., 1517 Masonic Temple, Chicago.

READ WHAT ST. LOUIS PEOPLE SAY ABOUT

ALFALFA-NUTRIENT

and nerve nutrient. Positively contains NO DRUGS, opiates or poisons.

Robinson's Alfalfa-Nutrient cured me of caturrh of the stomach in a little while. I think it is simply marveloue, and an only too glad to recommend it.

MRS. J. D. WRENCH.
2744 Lucas ave.

For almost 10 years 1 have been troubled with Rheumatism. In that time I must have tried over 50 different cure but none helped me. About a year ago I got a bottle of Alfalfa-Nutrient, and to-day I can truthfully say I am entirely cured.

CHAS BLANKENFING.
1328 Merchant st.

Indigestion, Constipation and Catarrh.

ARE YOU THIN? Robinson's Alfalfa-Nutrient is the greatest fiesh builder ever discovered, and we guaran-

tee it will increase your weight.

ROY VAN DYKE. 229 La Salle st.

anderful. It took only three to restore me to perfect I gained 25 pounds in two and I consider it the greatest edies. JNO. JENNINGS. 200 La Salle st.

EDWARD HARKE, 829 Brooklyn st

FREE Send your name and address and we will mail you ABSOLUTELY FREE a 35c trial package of this wonderful remedy, together with an interesting Scientific Booklet, "How to Secure Perfect Physical Health and Beauty."



Tailoring Establishment

Is devoted to that class of apparel in which the most critical men find their ideas and tastes expressed. We charge from twenty to fifty dollars to make you a perfectly fitting and correct Spring Suit

To Mills & Averilly worth

man the greater the peacemaker, and Leo XIII ranks highest among those who have helped the cause of peace in this century. "Leo XIII is the leader of a great organization of Christian men and women, spreading all over the world; the leader of a vast body of human thought; the leader of a conservative army which will play a large part in any coming struggle between anarchy and order. He may not be here to direct when the battle begins, but he will leave a strong position for his successor to defend, and great weapons for him to wield, since he has done more to simplify and strengthen the church's organization than a dozen Popes have done in the last two centuries. Men of such character fight the campaigns

of the future many times over in their thoughts while all the world is at peace around them, and when the time comes at lest, though they themselves have gone, the spirit they called up still lives to lead, the sword they fouged lies ready for other hands, the roads they built are broad and straight for the march of other feet, and straight for the march of other feet, and they themselves, in their graves, have their share in the victories that save mankind from social ruin." Pope Leo as a man, not as a church-

HOW HUMAN THOUGHTS ARE ACCURATELY WEIGHED.

Wonderful Machine Invented by Doctor William G. Anderson Proves That Blood Flows to All Parts of the Body Upon the Command of Brain Center.

New Haven, March 7.-Doctor William G. Anderson, director of the gymnasium of Yale University, has invented the most wonderful machine for the study of human thought that has hitherto been devised.

The was also an indicator which showed the angle of variation, and at the side of the bed was an arbitrary scale, divided into It is nothing less than a table balanced on knife edges in such a way that as the subject breathes the indicator moves, showing the perfect balance of the machine. Doctor Anderson has explained the method Doctor Anderson has explained the method of operating with this table to a representative of The Republic, and experimenting before him has shown what remarkable results may be attained by this device.

Its bearing upon man in health and disease is fully outlined in the interview, and the revolutionary ideas of the man who has trained some of the greatest American atherians at the results of the greatest American atherians at the results of the greatest American atherians at the control of the greatest American at the co trained some of the greatest American ath-letes, will be received with no small inter-est. But Doctor Anderson is not working est. But Doctor Anderson is not working simply to raise up athletes. Unlike most specialists, he looks beyond his specialty and is concerned with the whole man. As he states for the readers of The Republic:

ne states for the readers of The Republic:

"The worth of a man is the amount of
work that he can do. And what we are
studying is a method not of mere physical
training, but of developing the whole man
to the highest plane of usefulness and efficiency. We want men who can work almost automatically and with little effort
than the untrained man can accomplish
with the greatest possible effort.

The secret of health and of the cure of
disease, is, according to Doctor Anderson

The secret of health and of the cure of disease, is, according to Doctor Anderson, not merely the supply of blood in the body, but its proper circulation to all parts of the system. He is not training athletes in the Yale gymnasium, but men; not gymnasis, but well-rounded human heings, with firm muscles, active brains and well nourished nerves.

He is opposed to merely mechanical exercises for hardening the muscles or increasing muscular power, but holds that he has proved by the experiments on his muscle bed that the coupling of thought with exercise is the most important element in the

cire is the most important element in the development of the perfect man. He goes a step further and insists that mechanical exrecrises do not develop even the muscles nearly so well when divorced from mental effort, as when coupled with mind direction. Here are som new ideas in physical training, showing the importance of the use of the muscles for the intellectual man and the importance of the use of the intellect.

remedy claiming to be a radical, permanent cure for dyspepsia and indigestion. Many such pride themselves on their acuteness in never being humbugged, especially in medicines.

This fear of being humbugged can be carried too far; so far, in fact, that many people suffer for years with weak digestion rather than risk a little time and money in faithfully testing the claims made of a preparation so reliable and universally used.

Now Stuart's Dyspepsia Tablets.

Now Stuart's Dyspepsia Tablets.

Now Stuart's Dyspepsia Tablets are vastly different in one important respect from ordinary proprietary medicines for the reason that they are not a secret patent medicine, no secret is made of their ingredients, but analysis shows them to contain the natural digestive ferments, pure asseptic pepsin, the digestive acids, Golden Seal, bismuth, hydrastin and nux. They are not cathartic, neither do they act powerfully on any organ, but they cure indigestion on the common-sense plan of digesting the food eaten thoroughly before it has time to ferment, sour and cause the mischlef. This is the only secret of their success.

Cathartic Dilis never have and never can cure indigestion and stomach troubles because they act entirely on the bowels, whereas the whole troubles is really in the stomach.

Stuart's Dyspepsia Tablets taken after meals digest the food. That is all there is to it. Food not digested or half digested is poison, as it creates gas, acidity, headaches, palpitation of the heart, loss of flesh and appetite and many other troubles which are often called by some other name.

They are sold by druggists everywhere at 50 cents per package.

gradually to move downward. Doctor An-derson then suggested, "Repeat the nine multiplication table." After a few moments the head of the bed had sunk very percep-This was only a single illustration of the thousands of experiments which had been made with this muscle bed so perfected by Doctor Anderson. It is an attempt, and a successful one at that, to settle scientifically

question of the circulation of the blood to the different parts of the body as the effect of mental effort. We have known in a general way that We have known in a general way that the blood is drawn to the brain when any cell is made for special activity of the brain center, but it has remained for Doctor An-derson to show by his experiments that the blood also flows to other parts of the body upon the command of the brain center. MENTAL EFFORT PUT

FORTH IN EXERCISE. Doctor Anderson suggests that it is most important to know how much of the blood supply flows to the muscles when they are exercised, because only in this way can we exercised. ascertain the best way of developing mus-

The larger the blood supply the greater the nourishment of muscular nerve, and hitherto it has only been guesswork as to the effect of exercise upon the circulation. It has been stated by some theorists that if any exercise is done with interest it is This seemed to stand to reason. Doctor Government Sacrifices Reindeer to Anderson goes a step further, and says: "I can prove by my muscle bed that the important thing in all exercises is the mental effort put forth.

Can prove by my muscle bed that the important thing in all exercises is the mental effort put forth.

"I can lie down upon this muscle bed and think of a flig, and, though apparently, my feet, do not move and actually the muscles are not active, the muscles bed sinks toward my feet, showing that there has been a flow of blood toward the muscles and that if I did dance a flig the muscles would have been well supplied with blood under this mental stimulus."

This is the important and novel principle which Doctor Anderson has proven by his countless experiments on this delicate muscle bed.

There was also an indicator which showed the angle of variation, and at the side of the bed was an arbitrary scale, divided into very small degrees, by which the professor could show exactly what vibration had taken place through the experiments upon the subjects on the bed.

Calling one of the suddents, he had him recline at full length on the bed, and the indicator began at once to vibrate merely from the breathing of the subject.

Doctor Anderson Proves

The Body Upon the Brain Center.

Sharts of the Body Upon the Brain Center.

The can measure by its variation due to the flow of blood to the different parts of the system exactly how great the effect is in the experiments upon the subjects on the bed.

Calling one of the suddents, he had him recline at full length on the bed, and the indicator began at a once to vibrate merely from the breathing of the subject.

Doctor Anderson Proves and actually the muscle bed and think of a flig, and, though apparently, my sucle bed and think of a flig, and, though apparently, my sucle bed and think of a flig, and, though apparently, my sucle bed and think of a flig, and, though apparently, my sucle bed and think of a flig, and, though apparently, my sucle bed and think of a flig, and, though apparently, my sucle bed and think of a flig, and, though apparently, my feet, showing that there has been a flow of blood toward the muscles and that if I did dance a flig the muscle seal and that i

table," and the head of the table began the aim of the college classroom. He has experimented to ascertain exactly what the conditions are under which the best results can be attained, and he con-

cludes that it is necessary to exercise with the mind fixed upon the thing to be done and each step of its attainment in order to achieve the very best results. ATHLETIC GAMES MORE BENEFICIAL THAN DRILLS. If a man will exercise before a mirror and watch the swelling of his muscles as he swings his Indian clubs or lifts the dumb-

bells, it will help to stimulate the flow of blood to his muscles and thereby increase heir growth. In other words, it is as true of gymnastics as it is of anything else in life, that interest, not merely in a general way, but in ery detail and at every step, is nece

for success.

It has required months of experiment and infinitesimal, although the work was apparently the same.

The director of the Yale gymnasium suggests that the great value of out of door sports in athletics lies in the interest which boys take in the work, and he says without hesitation that rowing, swimming, boxing, baseball and football are far better means of physical development than the more or less mechanical drills of the gymnasium.

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old, bronchitis, croup, asthma, who cough, measies, hoarseness, or sore kings in the family, and the doctor wishes to give the patient speedy relief and a posi-tive cure, he prescribes the medicine that

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husband was also cured of a had cold by
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